



# 2016-2017 WELLNESS PROGRAM

## LIVE BETTER TODAY

The Aldine ISD Wellness Program is committed to a personalized approach to help meet the health and wellness needs of each employee. Get the motivation you need to improve your health through fun and innovative incentives with the education and support to make wellness a lifestyle.

This is your chance to reach personal health goals and learn what improvements you can make to avoid future health problems. This document explains how you can take control of your health today. Have fun!

### Who can participate in the program?

Beginning 11/1/2016, all employees are eligible to log on to MyViverae.com to start the program.

### Is my health information confidential?

All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the Viverae® team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

## Returning Users:

- » Log onto: <http://aldinebenefits.org/resources/viverae> and click on the "MyViverae" tab.
- » Enter your username and password to start using the Viverae Health Management System

## New Users:

### Step 1

- » Visit <http://aldinebenefits.org/resources/viverae> and click on the "MyViverae" tab.
- » Click "Register Today"
- » Enter your last name and date of birth (DOB)
- » Enter your identifier: **Employee ID, including leading zeros**
- » Enter the registration code: **aldineisd**
- » Click "next" and follow the prompts

### Step 2

- » Create a user name (5 – 25 characters)
- » Create a password (8 – 12 characters) using letters (upper and/or lowercase), numerals and/or special characters (such as @\$%&#)
- » Select a security question and answer, then click **Save**

## GETTING STARTED

Log onto: <http://aldinebenefits.org/resources/viverae> and click on the "MyViverae" tab.

Start at this site to learn where your health stands. Take action on health risks to develop a healthy lifestyle.

### Member Health Assessment (MHA)

The MHA consists of questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a Health Index. You can complete your MHA on the Wellness Portal by clicking on the "MyViverae" tab on the Aldine Benefits web page.

### Biometric Screening

Biometric Screenings provide vital information about your overall health, including cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI), and waist measurement. You may fulfill the screening requirement by visiting your physician. Please remember to download the physician screening form from the wellness portal and have your doctor complete and sign it. Please upload or fax the form back to Viverae.

Contact the Viverae Health Center at 888-VIVERAE (848-3723) with any questions or concerns.

### My Health

This section of MyViverae.com shows you an analysis of your MHA responses and Biometric Screening results to help you understand your health risks and what you can do to improve your results.



Note: Opt-in on MyViverae.com to receive text message reminders. Standard text messaging rates apply.

## EARNING POINTS

Earn points for completing program activities in the Aldine ISD Wellness Program and earn non-cash rewards. Manage all your program activities and log points on the Wellness Portal.

Aldine ISD Wellness Program	
<b>ASSESSMENTS</b> <i>(Required for Health Plan Covered Employees)</i>	<b>POINTS</b>
Member Health Assessment (MHA)	50
Biometric Screening (Well Person Visit)	50
<b>PREVENTIVE CARE COMPLIANCE</b>	<b>POINTS</b>
Preventive Care Compliance – 3 exams	50
<b>PROGRAM ACTIVITIES</b>	<b>POINTS / MAX</b>
Employer Challenges - Goal Met	15 each /45 max
Peer Challenges - Participant	10 each /30 max
250k Steps (Apps/Devices)	25 each/100 max
Targeted Programs	15 each/45 max
Online Courses	5 each/15 max
Healthy Events - Self-Reported	15 each/30 max
<i>(Health Plan Covered Employees only)</i> Care Plan Complete (first 6 months) Care Plan Enrolled (last 6 months)	25 each/25 max
<i>(Health Plan Covered Employees only)</i> Coaching Session Complete	25 each/100 max
<b>POINTS GOAL</b> <i>(Due 10/31/2017)</i>	<b>200</b>



## ADDITIONAL ACTIVITIES

For more points or support in your wellness program, you have plenty of available resources. Participating in the Aldine ISD Wellness Program allows you to do the following:

- » Register for any Employer Challenges Aldine ISD is hosting
- » Take an Online Course or join a Targeted Program to address specific lifestyle concerns
- » Watch a Webinar and complete a quiz
- » Participate in or start a Peer Challenge

## CHALLENGES

Challenges let you earn extra points in the program while managing risk factors or lifestyle changes.

Sign up for Employer and Peer Challenges. Log activity and view your status. View challenge details (past and present) and sign up for new challenges from the Challenges section.



## FREQUENTLY ASKED QUESTIONS

### What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource that is available for Viverae members. It is staffed by a variety of highly trained customer care representatives, health professionals, clinicians, exercise specialists, registered nurses and dietitians.

### How do I contact the Viverae Health Center?

Contact the Health Center via secure email message or by phone.

- » You can send a secure message to your coach by selecting the Inbox icon at the top of the screen
- » To call toll-free, please dial 888-VIVERAE (848-3723)

### The Viverae Health Center hours are as follows:

- » Monday – Thursday: 7 a.m. – 7:30 p.m. CT
- » Friday: 7 a.m. – 6 p.m. CT
- » Saturday – Sunday: Closed
- » Closed holidays